What's important in Life?

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"None of us has fully grown up. But every time our heart felt growing pains, we all grew a little."
- when life gives you tangerines(2025)

1 Why should i read it anyways?

Now the most simple answer would be...You Don't! But the complicated lie to you would be never letting go of something you desperately want to cling on to and finding answers of how you would justify to your inner child years past this phase. Happiness is just a perspective and you wished all that matter would be everything in compliance with your self interests. What is it you really want and sure of it. Well this is exactly about confusing dilemmas, so hold on tight buddy :)

2 How do I know what's important?

Most of the people around you will agree that being happy is the most important thing in life. But how can you be happy when you don't know how to not not sustain that happiness for long?
Quite a different approach from that attitude of looking down on rational thinking when it comes to the most emotional decisions about life, there were multiple times when the thoughts of regret and guilt turned out to be way too overwhelming. "Ah i wish I had not been so vulnerable" or "I could have done better than this". Why do we often end up in these situations?

Let's solve this from the very grassroot level of human psychology.We take 35,000 decisions on an average everyday.Every time we are making an important decision there's a sound that goes "Are you sure you want this?" and there's another screaming "F*ck yea! let's get rolling". And guess which we often end up taking? Yeah, it is the glitter-flinging unicorn.

Now you might ask me "Hey wait, so you're basically saying the one choice sounding more dopamine filling isn't the right ever?". Nah buddy...Here's where i ask you to think: would you ever regret this decision years after today? Or would you regret missing out on this dopamine when you're a crampy old guy? The right answer is to recognize the importance and impact of this decision on your life. It's your life yes! But let's be practical we ain't gonna be alone forever, our decisions will affect people we choose to keep close to us and most importantly us.

3 How to make good decisions?

Okay, so now we have established we take 35,000 decisions a day and most of which are garbage. But how do you get good at the important ones?

3.1 How to make regret-proof decisions?

First off, let's burst a bubble: "Regret-proof" is like "gluten-free pizza that tastes good." It's a noble goal, but often a mythical beast. Life's messy, and sometimes, even the most well-thought-out decisions can lead to unexpected detours. But we can aim for "less regret-y," which is like finding a gluten-free pizza that doesn't make you actively sad. So why not sit down over a cup of masala chai and ask your future self it they would be happier in that "less regret-y" decision. Things might just be too tough but it's always how far you've come and how you justify to yourself you made the right decision. It doesn't HAVE to be right to others if it feels "just perfect" to you.

3.2 Slow down bro!

Remember that 35,000 decisions a day thing? Most of them are fast and automatic. But a job switch? A life partner? Moving to a new country? These are not "should i have Idli or Uttapam?" decisions. This is where you need to slow down. Your little brain, bless its instant-indulgence-loving heart, wants to jump to the quickest, most emotionally satisfying answer. "Oh, this person makes me feel good right now! Must be true love!" "This role offers more base!I could buy a Golf GTI!"

But these feelings despite being real, can be like sugar highs. Delicacies for a moment, then a crash. Give your prefrontal cortex, the sensible part of your brain, a chance to catch up. "Sleep on it" isn't just an old saying; it's practically neuroscience. When you sleep, your brain actually processes information and can come up with clearer solutions. So, if you get an "why should i miss out", relax these decisions until you have another cup of coffee the next day baby ;)

You could make a decision and have everyone tell you that you might be wrong and even after years people might be hating on you and looking down on you for your life choices, but it is your life choices. What should matter is if you find yourself happier that you experience "something".

4 Good luck!

Let's pack you up now little buddy :) Life could be anything but it's about you and how you want to be happy in the future with minimum regrets and maximizing fun and joyful moments. So, live what you can and do what's necessary... keep your inner child smiling!

Adios :)